

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:45 The Perk 10:30 Morning Weights 1:30 Beetle Juice Movie Showing 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	2 9:45 The Perk 10:30 Parachute Fun 11:00 Morning Bingo 1:30 Noodle Ball 2:30 Jazz Records 6:00 Evening Wind Down w/ Wellness	3 10:00 The Perk 10:30 Paddle Tennis 1:00 Hands in Motion 2:00Aroma Therapy 6:00 Evening Wind Down w/ Wellness
4 9:15 Bellevue Church Stream 11:00 Puzzle Hour 3:30 Aroma therapy 6:00 Evening Wind Down w/ Wellness	5 9:45 The Perk 10:30 Morning Movement 11:00 Music with Joseph 1:30 Watercolor Painting 3:30 The Johnstons 6:00 Evening Wind Down w/ Wellness	6 9:45 The Perk 10:00 Morning Ball Circle 10:30Tuesday Bingo 1:30 Bowling 6:00 Evening Wind Down w/ Wellness	7 9:45 The Perk 10:30 Coffee and Donuts with Police Officer 1:00 Music w/Michelle S. 3:30 Afternoon Yoga 5:00 Evening Wind Down w/ Wellness	8 9:45 The Perk 10:30 Morning Weights 11:00 Block Stacking 1:30 Kinetic Sand Excercise 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	9 9:45 The Perk 10:30 Early Morning Warm up 11:00 Morning Bingo 1:30 Deviled Egg Snack 2:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	10 10:00 The Perk 10:30 Saturday Warm-up 1:00 Short Stories 2:00 Puzzle & Music 6:00 Evening Wind Down w/ Wellness
11 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	12 Columbus Day 9:45 The Perk 10:00 Seated Dodgeball 10:30 Coloring Table 1:30 Water Color Painting 3:00 Afternoon Discussion 6:00 Evening Wind Down w/ Wellness	13 9:45 The Perk 10:00 Ball Circle 10:30 Bingo Fun 1:30 Bake M&M Cookies 3:00Aroma Therapy 6:00 Evening Wind Down w/ Wellness	14 10:00 The Perk 10:30 Morning Warmup 11:00 Music with Joseph 2:30 Breast Cancer Ribbon Craft 3:00 Music w/Tim Minshew 6:00 Evening Wind Down w/ Wellness	15 9:45 The Perk 10:30 Drum Circle 1:30 Scenic Drive to Overton Park 3:30 Afternoon Snack 6:00 Evening Wind Down w/ Wellness	16 9:00 Perk Pick Up 9:30 Early Morning Warm up 11:00 Morning Bingo 1:30 Pickup Ball 2:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	17 10:00 The Perk 10:30 Bowling 3:30 Cleaning Placemats 6:00 Evening Wind Down w/ Wellness
18 9:15 Bellevue Church Stream 1:30 Hands in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	19 9:45 The Perk 10:00 Morning warm-up 10:30 Mystery Bag 1:30 Soft Music 2:30 Hand Massages 6:00 Evening Wind Down w/ Wellness	20 9:45 The Perk 10:00 Morning Workout 11:00 Music with Joseph 1:30 Pipe Construction 2:30 Hand Jive Exercise 6:00 Evening Wind Down	21 10:00 The Perk 10:30 Morning Warm-up 11:00 Breast Cancer Parade 2:30 Making Caramel Apples 3:00 Vincent Price Radio 6:00 Evening Wind Down w/ Wellness	22 9:45 Perk Chat 10:00 Daily Workout 10:30 Morning Discussions 2:30 Craft with Janet 3:15 Jazz Music 6:00 EveningWind Down w/ Wellness	23 9:45 Perk Puzzle 10:00 Chair Yoga 11:00 Friday Bingo 1:00 A game of UNO 3:00 Strings with Donna 6:00 Evening Wind Down w/ Wellness	24 10:00 The Perk 10:30 Morning Movement 2:00 Water coloring 3:30 Afternoon Aromas 6:00 Evening Wind Down w/ Wellness
25 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Short Stories 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	26 9:45 The Perk 10:00 Morning Movement 10:30 Manicure Monday 1:30 Bubble Fun 3:00 Puzzle Hour 6:00 Evening Wind Down w/ Wellness	27 9:45 The Perk 10:00 Morning Movement 10:30 Drum Circle 2:30 Pumpkin Decorating Craft 3:30 Tim the Piano Man 6:00 Evening Wind Down	28 10:00 The Perk 10:30 Morning Movement 11:00 Smelling Jars 2:30 Vincent Price Radio 3:00 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	29 9:45 The Perk 10:30 Morning Weights 11:30 Outing to Rockin Doughs 1:30 Hocus Pocus Movie Showing 3:30 Hands in Motion 6:00 Evening Wind Down w/ Wellness	30 9:45 Perk Puzzle 10:00 Chair Yoga 11:00 Friday Bingo 2:00 Monster Ball 6:00 Evening Wind Down w/ Wellness	31 Halloween 10:00 The Perk 10:30 Paddle Tennis 1:00 Hands in Motion 2:00Clean Placemats 6:00 Evening Wind Down w/ Wellness

Connection Points
Neighborhood

Life Enrichment Director:
Janet Hall

Connection Points Director-
Raven

Address: 1600 Appling Rd,
Cordova, TN 38016

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